

The “How To” of School Wellness Councils: Developing and Sustaining Your Team



*Founded by the American Heart Association
and the William J. Clinton Foundation*



A Shaping NJ School Strategy Collaboration

Facilitators:

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Panelists:

Jack Griffith, Principal, Egg Harbor City Community School, Egg Harbor City

Kathy Schilder, RN, School Nurse, Francis A Desmares School, Flemington

Sal Valenza, Food Service Director, West New York School District, WNY



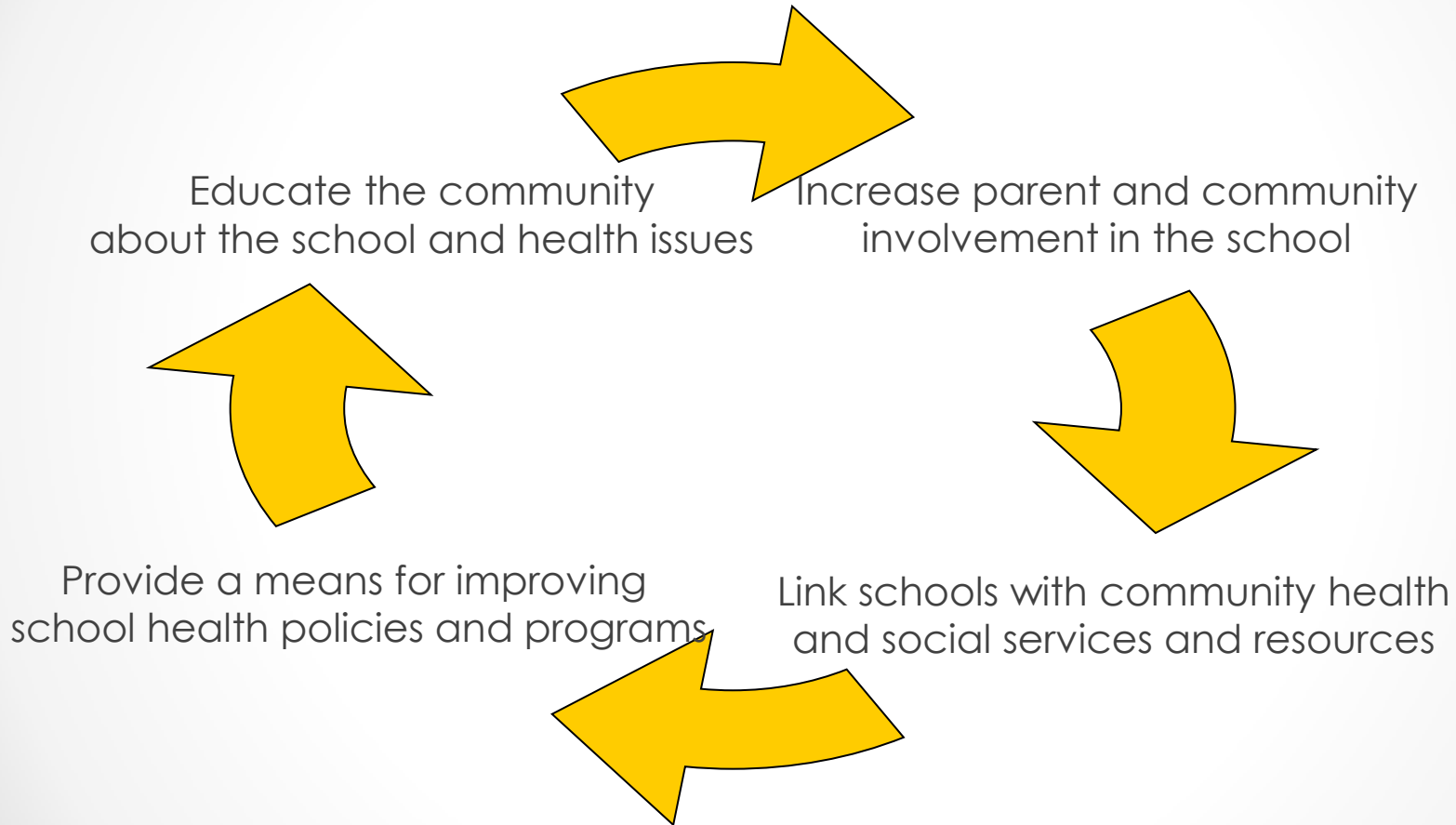
Learning Objectives

- Describe the role of a school wellness council and why your school needs one;
- Identify key members of school wellness councils, and what they can bring to the table;
- Discuss key strategies to sustain an effective school wellness council.

What are School Wellness Councils?

A School Wellness Council (SWC) is a group made up of individuals who represent the school and community population. The SWC works together to lead and implement all aspects of developing a healthy school environment.

Benefits of a School Wellness Council



The Function of your SWC

Improving School Health By:

- Advising and supporting school/district on school health issues
- Advocating for school health initiatives
- Identifying student/staff health needs through assessment tools
- Developing and implementing an action plan
- Coordinating community resources to address the action plan
- Assisting with development and implementation of school wellness policies
- Raising funds as needed
- Educating the community on healthy school initiatives

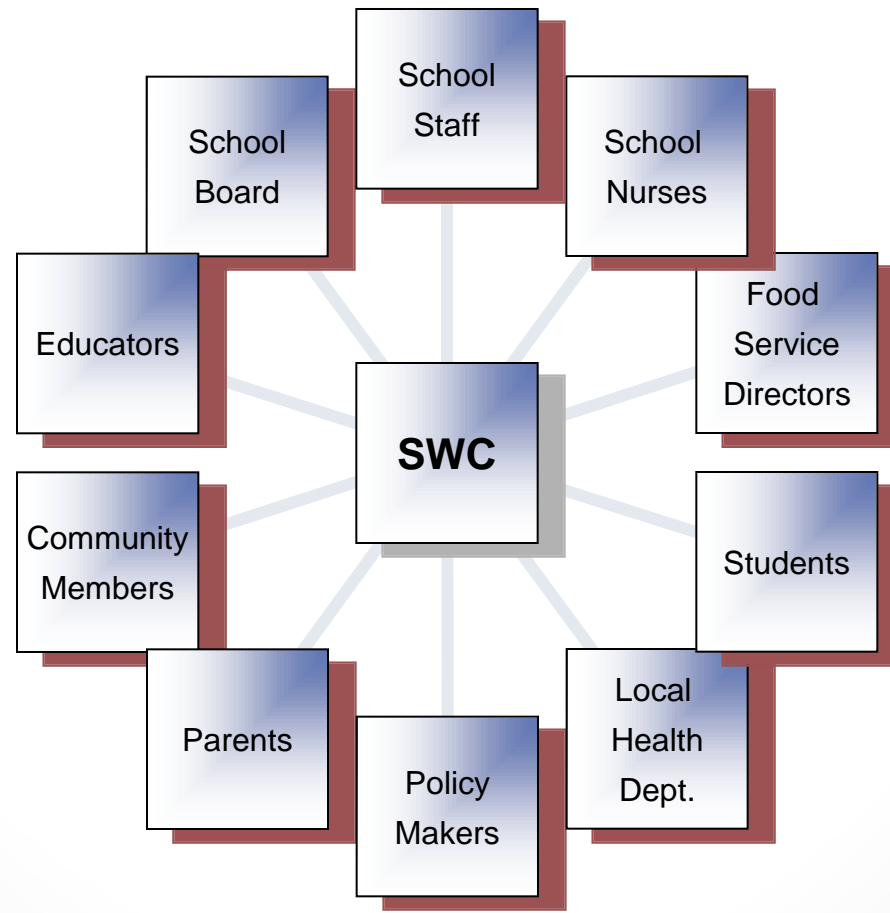


The road to a
successful
School Wellness
Council begins
with....

a leader and a...



...School Wellness Council team



Getting your SWC Off the Ground

Kathy Schilder, RN

School Nurse

Francis A. Desmares School



Types of Members You Should Include:

- Demonstrate passion and interest in health and wellness
- Display community awareness
- Be willing to commit time
- Be representative of the cultural identity of the community
- Key players/influencers in the school and community
- Be reliable, respectable and honest

Using your SWC to Implement Change

Sal Valenza

*Food Service Director
West New York School District*



Making School Nutrition a Part of Your School



Key Elements to Making Your SWC Efficient & Effective

- Maintain administrative support and involvement
- Dedicate time to meet
- Provide opportunities for council members to contribute (small and large)
- Keep it simple – small achievable goals
- Celebrate small successes
- Diverse roles on your wellness team will result in broader involvement – include parents, students and staff

Sustaining your SWC's Progress and Momentum

Jack Griffith

*Principal
Egg Harbor City
Community School*



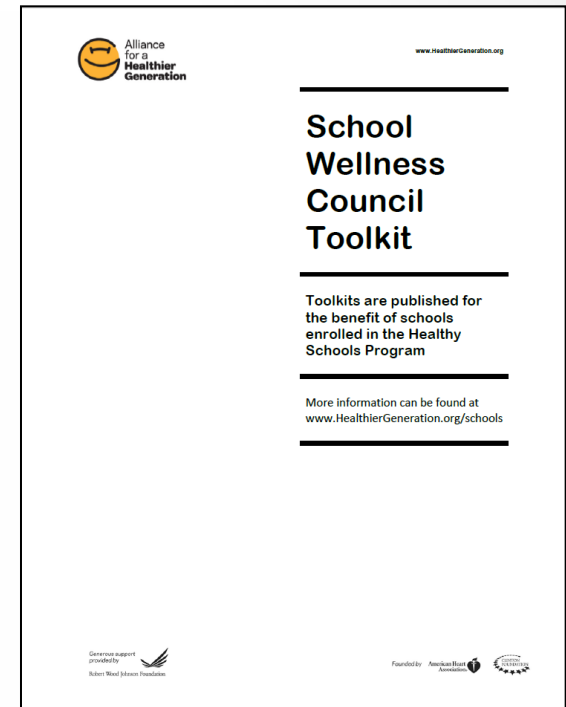
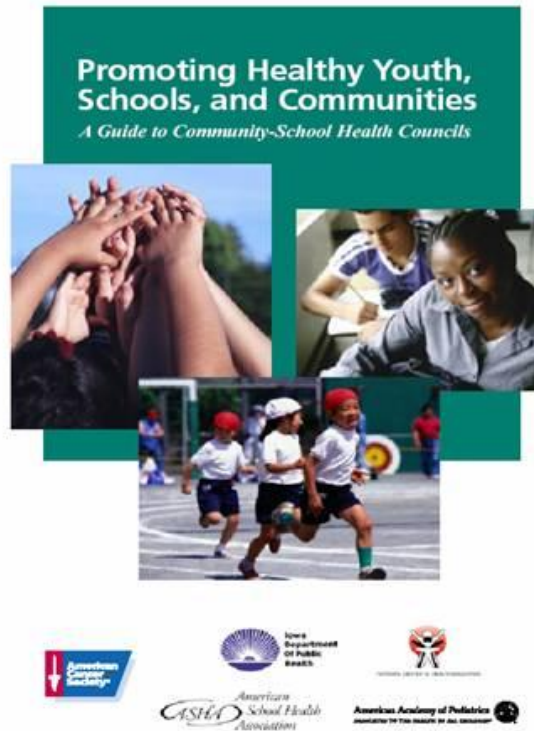
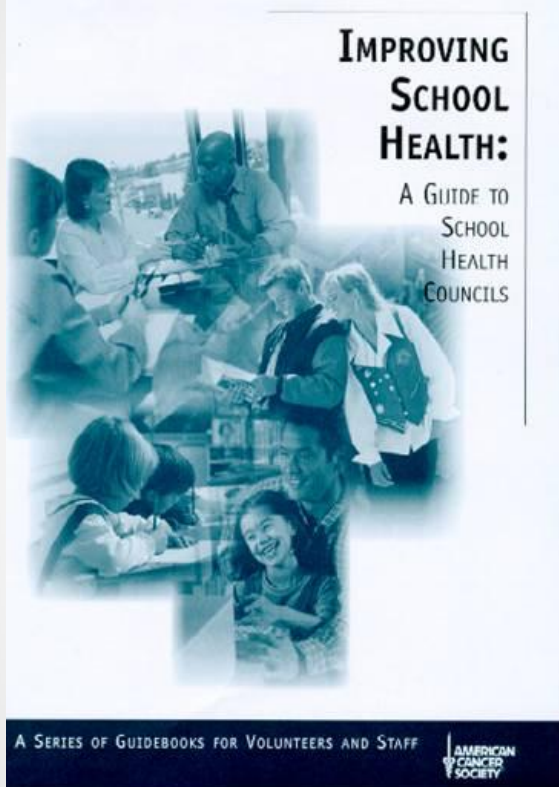
Administrative Support Can Drive Sustainable Change

- Administrators can drive implementation
- Administrative leadership provides an automatic acceptance in the wider school body
- Administration can make policy to create change
- Principal led teams were found to develop more diverse committees, involve more stakeholders and initiate more systemic change (Healthy School Communities, ASCD)

Sharing SWC Success



School Health Councils



www.schoolhealth.info

<http://www.healthiergeneration.org>

http://www.idph.state.il.us/hpcdp/common/pdf/family_health/Covers.pdf

Take Home Message

- Form an effective team
- Set small and achievable goals
- Garner administrative support
- Keep Council members energized
- Celebrate success

Resources

- Promoting Healthy Youth, Schools, Community: A guide to Community Health Councils
<http://www.cancer.org/schoolhealthcouncil>
- Alliance for a Healthier Generation: School Wellness Council Tool kit
http://www.healthiergeneration.org/uploadedFiles/For_Schools/Helpful_Tools/08Toolkit_SWC.pdf
- Center For Disease Control and Prevention: Make a Difference at Your School!
<http://www.cdc.gov/healthyyouth/keystrategies/pdf/make-a-difference.pdf>
- NRG Balance: the Movement to make Healthy easy. School Health Council Resource Guide.
<http://www.nrgbalance.org/documents/School-Health-Council-ResourceGuide.pdf>
- Shaping NJ <http://www.shapingnj.gov>

Thank you!

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